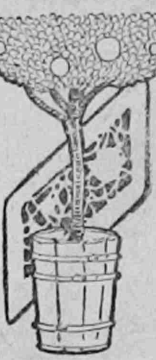


WOMAN'S HOME PAGE

CHARLES DWYER... Editor

Proportion
Is Good
Breeding



THE CRIME OF UGLINESS

By ELEANOR RICHARDS

Fairy Tale
Picture
Friezes



EDUCATIONAL IMPORTANCE OF BEAUTY IN THE HOME

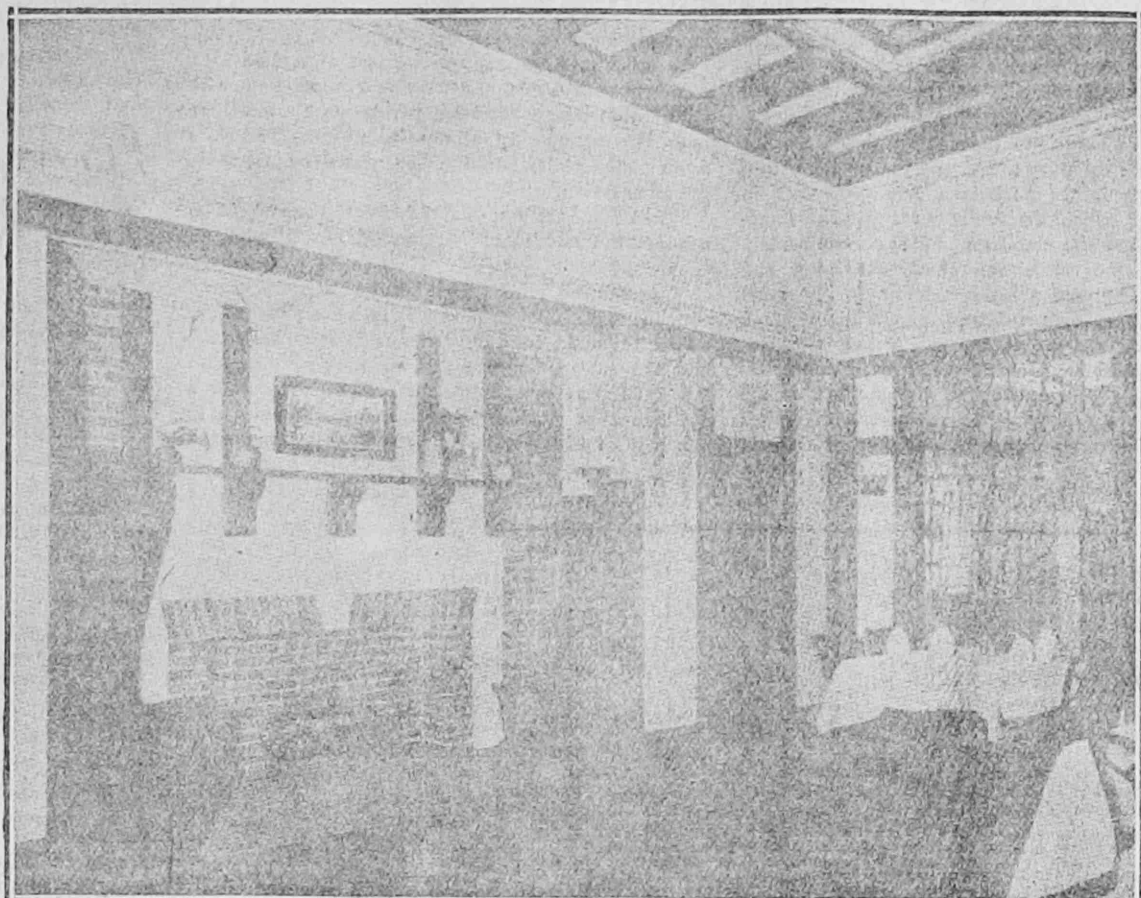
Harmonious Surroundings of Tremendous Moral Value, Especially in the Rearing of Children

TO many people it is rather hard to understand why, in spite of the multitude of text books now published on art and taught in the elementary schools, there is still such an amazing amount of ugliness in the home. Various foolish reasons are given, such as "lack of time," "too busy," and sometimes "can't afford it." Those are very easily knocked on the head by pointing out that rooms which are a perfect marvel of hideousness have been brought to that state by a great deal of pains—far more than would have been necessary to make the place really ornamental. As for "can't afford it," I have stood in department stores and watched people deliberately scorn really nice looking furniture and pay more for things that were a regular eyesore.

The truth is, that many people are still rather afraid of the word "artistic." And those who aren't don't know what it really means, consequently it comes to mean a lot of bewildering claptrap. It is not generally appreciated that beautiful surroundings have a distinct moral value. Especially is this true of children. You will find that people of trivial tastes nearly always live in homes cluttered up with cheap bric-a-brac, with furniture intended to be showy and succeeding in being vulgar. It is obvious that children brought up in places where everything has been bought and arranged with a sole view to making a fictitious display of more money than the family possesses will imbibe the idea that pretentiousness is the chief object of existence and that the wealthiest person is the most successful liar. And the most pitiful part of it all is that you can buy really good furniture and decorations for less money than you pay for the grotesque. You can have a home that is really harmonious, pleasant and restful for less money than you pay for one that is only a storehouse for conglomerate testimonials to foolishness.

Generally speaking, there are four kinds of furniture. There is the kind in which the construction is poor, materials unreliable and the appearance merely showy. There is that of good design but poor materials and construction. There is that of good materials and execution but no real beauty, and there is the fourth kind, of good materials, execution and design. All these kinds are made in America; it is not necessary to buy imported furniture to secure substantial make or real beauty.

Towards the end of summer this becomes a serious question for many people who have given up their old house at the beginning of the summer, intending to choose a new home after the long vacation. Difficult is the task of those who already have furniture and have decided on a new or remodeled house, for then they have to try to reconcile old furniture with new woodwork, compared with which the job of putting old wine into new bottles sounds easy. The best thing to do is to stipulate with the agent of your new home that the woodwork be painted over to suit you—then you can have it match your furniture. Sometimes, however, this becomes impossible. In this case, remember that it is comparatively easy to have your old furniture done over. Some of it can be remodeled and, if it is badly scratched, it can be scraped and refinished or stained. In any case, it should match the woodwork in shade. For half-timbered houses, with the interior finished the same way as the exterior, oak furniture is best. Mission style is also suitable, while for plaster walls old oak forms a pleasing contrast. Above all, avoid such solecisms as mahogany furniture and dark oak woodwork, or golden oak with white paint. The prevailing fashion of the day tends towards severity. This is a good fad, as it



Showing How Height May be Reduced With the Use of Horizontal Paneling and Stencils—Thereby Producing Excellent Perspective.

makes for simplicity and gets away from the awful mixtures and conglomerate results produced by the craze for "periods."

Choosing the woodwork of the rooms, while often necessary for economic rea-

sons, is the wrong way to set about decorating and furnishing a house. The chief problem of interior decoration may be summed up in its general outlines as follows: To maintain proper relations between walls, furniture and draperies. To secure the best results these elements should be approached in the following order: First, treatment of the walls; second, floor coverings; third, furniture. And there are two words that should always be kept in mind: "proportion" and "balance." Some writers on aesthetics think that interior decoration should form a part of every public school curriculum. In many kindergarten classes the small pupils are taught to appreciate the beauty of Corot's early morning atmosphere and Millet's simplicity of form and line, with the rudiments of certain artistic



How a Living-Room Should Not Look—Not the Stiffness and Formality.

try, where there is more space, consequently more sunlight and also less dirt. There is an entirely different object should be attempted. Country rooms should be cool and restful, whereas those in the city should be warm, cheerful and cozy. Everything should be done to counteract the lack of light and space. To this end the wallpaper should be in light tones, pale yellows, buffs and warm grays. Some very effective papers are being made now in really cheerful-looking browns of autumnal tints, like the shade of ripe fruit, such as pomegranate. Grayish browns and brownish grays are both cheerful and restful to the eyes. Formerly green and red were the prevailing colors, the former for the living room, and red, under the impression that it was cheerful, for the dining room. The results were that the living rooms were not at all cheerful, as the shades chosen were usually dense greens, very trying to the eyesight, and deep reds, which were stuffy. Rugs and grass cloth make very suitable wall coverings and can be obtained in the prettiest shades, while calcimine and alabaster are now made in all sorts of desirable colors and are very inexpensive and easy to keep clean.

When planning your combinations, the chief characteristics to attempt are simplicity, durability, proportion, of course, harmony of line and color, utility and repose. For those with limited incomes the first requisites are three: simplicity, utility and repose. If you have plenty of money, floor coverings have no difficulty. But those who have

not, frequently make mistakes simply because they don't know what to get that is both cheap and beautiful. Scotch wool rugs, for instance, are despised of those who don't know what can be done with them by the judicious use of dyes. They are inexpensive and most durable. If you can't afford a waxed or varnished floor, plain wood stains cost very little money, can be applied by anybody without the slightest experience and can be bought in all colors. Floors treated this way are much easier to keep clean, and as for the rugs—well, almost everybody now knows how vastly preferable they are to carpets, which are always harbors for dust and germs, no matter how frequently they are swept, whereas a rug can be taken up every day, if necessary, and hung out on the line.

The trouble with too many American homes is that the owners have tried to select too many ideas. Every room should express just one. When one room has to serve for living room, library and parlor, the result frequently is a cluttered up mess, that is quite uncomfortable, and none of the inhabitants can tell why. In such a case, one should keep a living room idea uppermost all the time. The mistake usually made is to make a living room, then do it over again as a library, then again as a parlor, superimposing one stratum on the other.

Pictures, too, are a frequent source of error. The prevailing custom is just to select pictures without any relation to each other or to anything else, whereas they ought to harmonize with the general scheme of the room they are to go in and each one ought to have an exact relation to the other and to the whole arrangement of furniture in order to preserve the harmony of line and color. The frames must harmonize also—not only with the pictures they surround but with the woodwork, furniture and wallpaper. Furthermore, there are not enough people who understand the difference between the words "harmonize" and "match." Many brides have started out with the best intentions of having rooms that were harmonious. The results they achieved were simply monotonous, because they had nearly everything matching, instead of a proper balance of color. If you have a couple of oils, don't think they must go in gilt frames. Gilt is out of place except in a regular gallery. Oak frames are far more suitable if your pictures are just to be hung in a living room or library. For photographs Circassian walnut makes admirable framing. When choosing frames it is well to consult with the dealer and tell him the color scheme and arrangement of the room they are to go in. Picture-frame makers, if they are any good at all, have had much experience in this sort of thing, and are far better qualified to advise you than you are to act independently of their judgment.

One Woman.

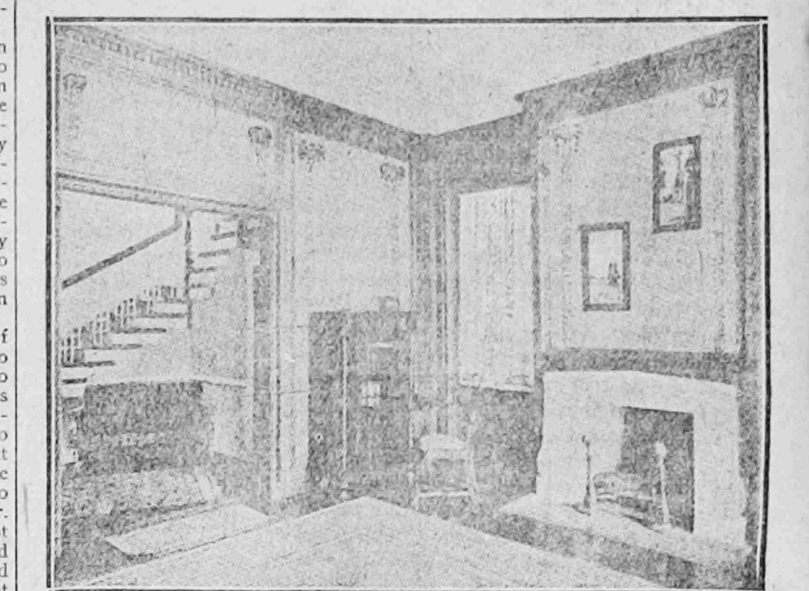
Her little feet fare through the every-ways
Of toil and traffic, her small hand is set
To the long task-work of the every-days:
In blinding heat or when the winds are wet
With chilly rain and snow. Ah—to and fro,
At morn and eve, her willing foot-steps go.
Beneath her tread the path of duty lies—
Thorny and stony oft. Above her head
The seen and unseen glory of God's skies—
His night—His day. As flowers fragrance shed,
So breathes the fragrance of her soul abroad
To all the world, and back again, to God.

MADELINE BRIDGES.

NURSERY DECORATIONS NEED INFINITE CARE AND STUDY

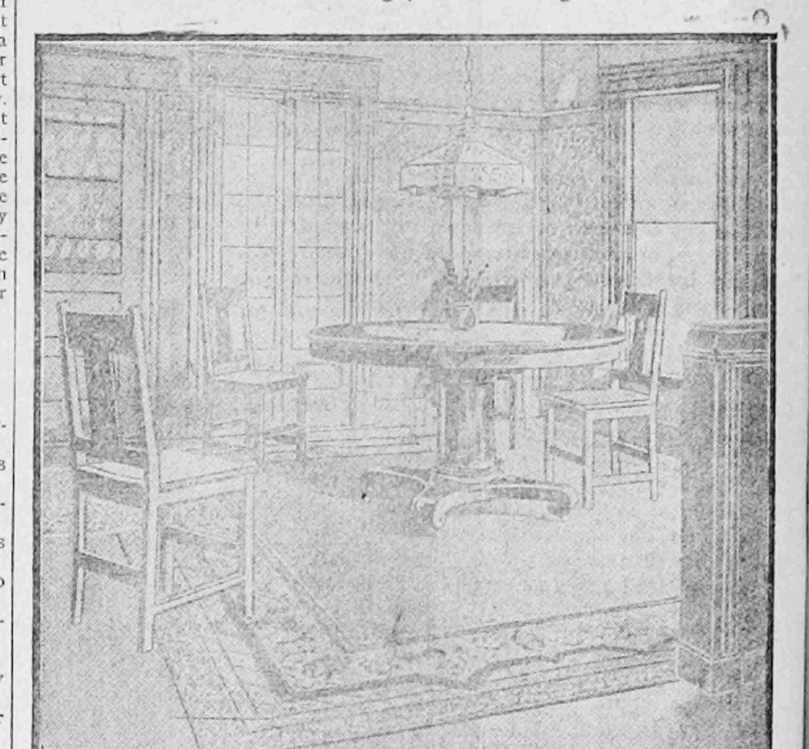
Psychological Effect of Color Should Be Considered—Don't Clutter Up Walls With Worthless Pictures

IN furnishing the nursery it is just as necessary to have a definite color scheme as in your own living room. This is beginning to be universally recognized, thanks to the spreading influence of the Froebel doctrines, and the psychological effect of color on the child will soon be appreciated at its full worth.



An Oriental Effect—Cool and Cheerful.

In the nursery, above all, carpets should be avoided, for this is the one part of the house that should be surgically aseptic, whatever the adult living-room life will be both educational and decorative if wisely chosen—and they will give the children heaps of fun. Don't put up too many pictures of small size and insignificant detail, but concentrate on a few good ones that will stand



An Excellent Example of What a Room Should NOT Be—All Vertical Lines Producing Restless Effort.

rooms are. If a waxed or varnished floor is too hard to clean—and juvenile feet at play will make havoc of a waxed surface after a couple of weeks' sliding—the new sanitary finish recently in-

BABY'S MILK IN SUMMER

Is Most Serious Question—
Cow's Fluid Must Be Kept
Scrupulously Clean

By HENRY DWIGHT CHAPIN, M.D.

THE first few years of life are, physiologically considered, the most important ones we live. During the opening years, milk—that universal animal fluid—is the most important single factor entering into life. It is the only food we possess that is complete in itself. Unfortunately, civilization is particularly hard on the human mother, so that too often she cannot or will not suckle her young. Those who have had much to do with the feeding of infants constantly see the seriousness of this question, and are making great efforts to conserve and encourage this function in mothers. Not only is the death rate lower among babies fed by their own mothers, but the little ones are less liable to sickness and digestive disturbance, especially in summer. This is a feature of the "race suicide" question that does not receive the attention it deserves.

In recent years much attention has been given to improving the supply of cow's milk, as this is the only available substitute for the infant deprived of maternal nourishment. These efforts have been directed to insuring

clean, fresh cow's milk, and already the good results of this crusade are being seen in lessening sickness and death.

Most of the changes taking place in milk are due to the presence and growth of bacteria. These are microscopic, colorless little plants belonging to the class called fungi. They are closely related to the yeasts, and increase in numbers at a prodigious rate. If nothing interferes in twenty-four hours a single one of these germs could produce about seventeen million others. As a matter of fact they do not usually increase so rapidly, since the various kinds maintain a sort of warfare among themselves, and, as everywhere else in nature, only the fittest survive. The rapidity of increase depends largely upon the kind of bacteria and the temperature to which the milk is subjected. Below 45 degrees F. there is comparatively little growth; but as the temperature approaches 100 degrees F. the rate of growth increases most rapidly. It has been found that dirty milk is always largely contaminated with bacteria.

More Good Than Bad Germs.

It may be comforting to note that there are more good than bad bacteria, and they fulfill most important functions in nature. Neither animal nor vegetable life could be maintained without their presence, and they are found everywhere. In the soil they promote the growth of trees and plants, and they likewise exist in the purest water and in the air. In general their function is to induce the many changes that are so necessary to all forms of life, the lowest as well as the highest. They are thus always found in milk. After it has left its source, and as milk, particularly when warm, is a good medium for their growth, they may reach enormous numbers in this

fluid and thus become a menace to health. Moreover, as they exist in milk, it is often difficult, if not impossible, to tell whether the harmless or dangerous kind predominates.

Some bacteria simply cause a souring of the milk, while others may produce dangerous digestive disturbances. Certain infectious diseases may likewise be spread through the medium of milk. Scarlet fever, diphtheria, typhoid fever, and tuberculosis come under this class, but the cow itself is only responsible for the last mentioned disease, as it never suffers from the others. The germs of the first three afflictions get into the milk through carelessness in the dairy or store, in washing of cans, or by direct contact with persons having these diseases or discharges. While a tubercular cow may give milk affected with those germs, it is an open question whether this method of the spread of consumption has not been exaggerated.

A little knowledge of how bacteria acts soon shows us what precautions to take and will free us from needless alarm. Our first care must be to keep milk from contact with dust and dirt, as these are the common agents in carrying bacteria. The cow is not naturally a very clean animal. She lies in puddles and mud, and all sorts of impurities thus get plastered over her body. Particles of dry dirt drop into the can during milking, and in warm weather the flies bother the animal, causing a constant switching of their tails. A careful observer found that one fly contaminated a sterile pail of milk with 21,000 bacteria. The milking should not be done where there is much dry hay about, and the milk must be removed from the cow by careful grooming. If the milking is then done by someone with clean hands and clothes, and in a clean barn or outhouse free from dust and dirt,

we will be a long way on the road to secure clean wholesome milk.

Keep it Cool.

The next important detail is to cool the milk as quickly as possible and keep it so. The bacteria of all kinds that increase with such marvelous rapidity in warm mixtures cannot grow when the temperature is below 45 to 50 degrees F. This chilling of the milk was formerly accomplished by the farmer placing the cans in cool springs soon after milking. It is safer to use ice, as the temperature of the springs may not be low enough to cool the milk sufficiently. During transportation, and until used, the milk should be kept cool by being packed in ice or placed in refrigerators.

In most of our large cities an extra grade of clean milk for infants is now furnished by the oversight of Medical Milk Commissions. These consist of a number of physicians appointed by the local medical society, who draw up a series of rules for the guidance of the milk producer and dealer. If these careful rules are carried out, and they are enforced by oversight of the farm and frequent examinations of the milk, the bottles containing such milk have a special stamp, and it is known as "Certified Milk." If such milk can be procured it is safer for infants and little children, especially in summer, as the extra cleanliness and uniform strength make it less liable than ordinary milk to cause disturbances. It is in hot weather that dirty milk is especially liable to poison the child. All milk that is to be given to little children should be delivered in sealed bottles, and not furnished by being dipped out of open cans. Dirt and dust find ready access to milk handled in an open way. Milk not only takes in bacteria, but ab-

sorbs odors when it is thus openly exposed. If it is placed uncovered in a refrigerator, the flavors of meats, vegetables and other surrounding articles will quickly be communicated to it. It is best to place the closed milk bottle directly in contact with the ice, especially in summer, as I have found that the temperature of the average refrigerator is not as low in hot weather as is commonly supposed, sometimes being as high as 65 or 70 degrees F.

Avoid Chemicals.

Besides keeping it cool, there are two other methods of preserving milk. By simple boiling, or by superheating according to the process known as pasteurizing (165 degrees F.) or sterilizing (212 degrees F.), most of the bacteria are killed and the milk thus kept from turning sour. The second method consists of adding chemical preservatives to the milk, the ones most commonly used being boric acid, borax, salicylic acid and formaldehyde. These substances usually make the milk more difficult to digest and are injurious to themselves if constantly taken. Even superheating the milk produces certain changes that interfere somewhat with assimilation. As far as little children are concerned, it is better to give them clean, fresh milk, whose sweetness is maintained by simple cold, if such can be obtained. If one is not sure of the milk supply, it may be safer to pasteurize, especially in summer.

Although most people think of milk entirely as fluid, it really becomes a solid when it reaches the stomach and gets in contact with the digestive secretions. This happens from the peculiar quality known as curdling which is seen when rennet is added or ordinary souring occurs outside the body. The familiar junket and whey will come to mind

as a form that milk may often be made to take. All milks, however, do not curdle in the same way. Some curdle in soft masses, and others in tough stringy portions. There is a reason for this, as in every other phenomenon seen in nature. Milk is intended not only to nourish the young, but to develop its digestive tract, so that later on it can take care of more solid food. Soft curdling and hard curdling milks are intended for animals that will have very different digestive tracts when they are grown. The soft curdling milk for the human infant is intended for a being that has one small stomach and a comparatively simple digestive tract, that eventually can only digest food that has been carefully chewed and masticated. The hard curdling milk for the calf is intended for an animal with four stomachs and an elaborate digestive tract that can later digest great stringy masses of hay and grass. This affords a beautiful example of how nature makes this elemental fluid work out an important developmental function, in addition to nourishing the young. It also shows that milks are not readily interchangeable, and how important it is for the mother of every species of animal to nourish her own young.

As the curd (protein) of cow's milk is not only harder but also present in larger amount than in woman's milk, the cow's milk must be diluted before being given to the young infant. Simple water or cereal gruels may be used for this purpose. The latter tend to make the curd softer and more flocculent, as it is found in mother's milk. By diluting the cow's milk on account of the curd, we are in danger of giving too little fat to the infant. This is obviated by removing certain layers from the top of the quart bottle, which will give the creamy portion of the milk. We may

HOW TO MIX INFANT FOOD

Formulae for Diluting Milk—
Cold is Best Preventive
of Sourness

thus take the top third or half from a quart of good bottled milk, use from one-quarter to three-quarters of diluted (water or barley water) according to the age of the infant and add a little sugar. This mixture will form a very suitable food for the infant deprived of the breast. If a baby is thus fed upon cow's milk, the whole supply for the day should be prepared at one time. The following will serve as an example of the milk formula for an infant between two and three months old. Take the top twelve ounces from a quart bottle of milk with the Chapin Cream Dipper holding just an ounce:

Twelve ounces of top milk;
Two tablespoonsful of sugar;
Sixteen ounces of boiled water of barley water.
Put in seven bottles, each holding four ounces; stopper with cotton and place on ice until ready for use. Give a bottle every two and a half to three hours during the day and once during the night. If the infant vomits or regurgitates after feeding, from one to two tablespoonsful of lime water may be added to the mixture. The strength of the top milk may be varied according to the age and digestive power of the infant. A baby fed on the bottle should gain, on an average, from four to six ounces a week. This fact, as well as its digestive power, must guide us in regard to the strength of the food.